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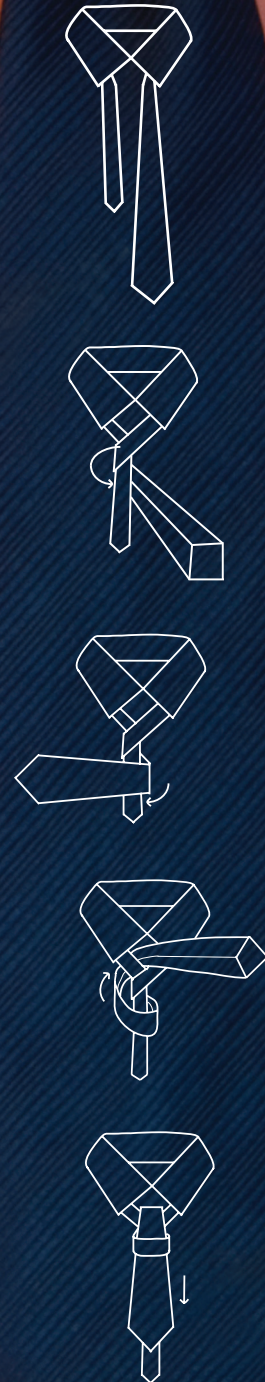
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KLIPSUN

WINTER 2010

HOW-TO

- Home brew is where the heart is
- Color coordinated
- Get banked



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EDITOR'S NOTE



Dear Reader,

After my high school graduation and just before I ventured north on the Interstate-5 corridor to Western, I was given a how-to book from a friend of mine. It was a how-to survive college handbook, conveniently titled "Your Guide to College Survival."

The tips on how to prevent a hangover, how to slyly prank noisy neighbors and how to turn old milk crates into comfortable living room furniture mesmerized me.

It was one day when I was following the book's advice by turning old CDs into decorative wall art, when I realized how much I would be lost without those instructions. Would I have made it through college as gracefully without this handbook? And that's when it hit me: Life would be so much easier if it came with a set of how-to's.

That's where this issue of Klipsun comes in. Whether you've always had an itch to try brewing your own beer, or you've always wanted to learn how to solve that Rubik's cube you've had since you were little, you'll find the answers here. It's time to take the cube off that dusty shelf and try your hand at it.

In this issue, you'll read about how to tell if someone is lying, how to stick it to the man, how to win a championship and much more. And who knows, maybe you'll even learn something.

Allison Milton
Editor-in-Chief



- 4 **FIGHTS FOR RIGHTS**
- 7 **READ BETWEEN THE LIES**
- 8 **CHASING A FEELING**
- 14 **BEING POSITIVE**
- 20 **TURKISH DELIGHT**
- 22 **RENTERS REVOLT**
- 24 **FROM SKI TO SHINING SEA**
- 31 **BORN TO NO ONE**

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COVER STORIES

10 **COLOR COORDINATED**

How to solve a Rubik's Cube in record time.

16 **HOME BREW IS WHERE THE HEART IS**

How to make and order beer like a professional.

28 **GET BANKED**

How to become a legend with Mount Baker's annual slalom competition.

ONLINE @ KLIPSUN.WWU.EDU:

How to Break Stereotypes
How to Fly a Plane

FIGHTS FOR RIGHTS

▪ How to stick it to The Man

Story by Rod Lotter

THE MAN WEARS MANY HATS. HE IS THE BOSS MAN: ENEMY OF THE WORKING CLASS, THE TAX MAN OF BEATLES FAME AND THE WAR-PROFITEERING POLITICIAN.

The Man is faceless and voiceless, yet omnipotent and ubiquitous. Wherever there is civilization, he is there to take power and oppress dissent. Wherever there is inequality, he is behind the curtain pulling the strings. Wherever there is prosperity, he is there to plunder it.

But, wherever there is The Man, there is also a group of people who will resist the life that The Man has offered.

People like author and activist Ronald Lewis, dedicate words, thoughts and actions in various ways to stick it to The Man.

"The Man is anyone who abuses [his or her] power," Lewis says. "Wall Street and the U.S. government are the best examples. Banks have mishandled billions of taxpayer funds. Politicians have refused to serve the interests of the people—which is their job. The Man can be oppressive, reckless and careless. It's their nature."

Lewis, who lives in Denver, began his battle against The Man as a young man raised by a single mother in Detroit.

"I realized early on that urban youth were born into misnomers about their identity and intelligence," Lewis says. "I refused to be another statistic and rejected the status quo."

In his book, "Stick It To The Man," Lewis provides a survival and reference guide about how to outsmart The Man concerning education, finance, banking, travel, taxes and government.

Lewis says he wrote the book for the blue-collar consumer. He says his goal is to inspire hope, ingenuity and determination during a time when the nation is crippled by an ongoing recession, which he claims is The Man's fault.

While Lewis uses the written word to rebel against the powers-that-be, Bellingham resident Boris Budd uses his guitar and his voice.

Budd's vendetta with The Man began in the chilly months of fall 2004.

"Three things happened to me: I became legally blind, George Bush was re-elected to the presidency and the Red Sox won the World Series," Budd says. "After that, I had a fire inside of me and I needed to let it out in some way."

MEET THE MAN:

Gender: Male
Race: White

Age: Unknown
Height: Unknown
Weight: Unknown

Illustration by Rebecca Rice | KLIPSUN

The Man is conservative and business minded. His motto is: "If it don't make dollaz, then it don't make sense."

The Man does not love and he does not have a sense of humor.

The Man is rich. His wallet is full of platinum credit cards and country club memberships.

The Man is not down with pre-marital sex.

The Man always wears a business suit or a uniform of some kind and carries a briefcase. He likes people to know he is The Man when he walks into a room.

The Man does not dance.

// TO ME, 'STICKING IT TO THE MAN' IS LIKE A WAR—A WAR OF IDEAS—AND THE ONLY WAY I CAN FIGHT BACK OUT IS [WITH] MY SONGS. //

- BORIS BUDD,
BELLINGHAM MUSICIAN

Budd says he used the anger and frustration he experienced during this period to write protest songs in the tradition of bands like Rage Against the Machine and The Clash. The songs were later recorded by his band, Boris Budd and The Waterboarders.

"We want the ultimate destruction of conservative politics and inequality," Budd says of his band's political agenda. "To me, 'sticking it to The Man' is like a war—a war of ideas—and the only way I can fight back out is [with] my songs."

Budd's band was recently featured in the pin-up section of What's Up! Magazine. The band's photo depicts Budd with his hands and feet bound to a flat surface with a cloth over his mouth and nose. Budd is shirtless and wearing a U.S. flag fashioned into an adult diaper while fellow band member, Shawnee Kilgore, pours a bong full of water down his throat. The flag is covered by a large black box with the word "censored" written across it.

"Most people say The Man is the white man in a suit," Budd says. "Which is true, but the real Man is on the news channel. That ticker tape at the bottom of the screen with the stock market numbers, that is The Man."

Lewis agrees with Budd's depiction of The Man. And Lewis says making money is The Man's top priority.

"The Man has always had an unfair advantage," Lewis says. "Consumers can cripple companies overnight by refusing to spend money with them. A recurring dream I have is of Americans cutting the blood supply to our greatest parasites: the IRS and U.S. government."

When thinking of who is on The Man's side, Budd says he is reminded of a speech by one of The Man's best friends, former President George W. Bush.

On Jan. 29, 2002, the former president gave his famous "Axis of Evil" speech. In that speech, Bush identified Iran, Iraq and North

Korea as the biggest threats to world peace.

"The real axis of evil is organized religion, corporations and the politics of government," Budd says. "These things are all in The Man's realm. These are the people who shape policy, who sell a country on the concept of war. The Man is a great salesperson."

While The Man often dabbles in politics, Budd says he believes politicians are not necessarily The Man.

Budd admits to being somewhat hypocritical because he campaigned for Barack Obama in the 2008 presidential election.

"I campaigned for Obama because I believed in him," Budd says. "I still believe he will enact change, albeit a really slow change. It felt great to be a part of that revolution, and to me, that was sticking it to The Man, although we made a man into The Man."

Lewis remembers his greatest experience as an activist, when he co-organized the Internet's largest shareholder dispute against one of the nation's largest telecommunications companies, XO Communications, in 2001.

"Investors were angry about a backroom deal where the company agreed to a leveraged buyout," Lewis says. "I designed a Web site that attracted 2,200 investors with millions of shares outstanding. It was a messy fight."

Both Lewis and Budd say they will always be fiercely rejecting the social constructs created by The Man and his cronies, even though The Man has all the power and all the advantage.

They hope that one day, the power will be tipped in favor of the common man.

"All I can hope is that my music educates and informs people," Budd says. "Maybe 50 kids will show up to the show and hopefully at least some of them will become interested in what I sing about and learn more about it. The Man uses a gun to change minds. We, on the other side, use music and art." ■

Read between the lies

■ How to improve your lie-detection skills

Story by Julia Means

People lie all the time. Judge Judy knows it. Those actors from the television show “Lie to Me” know it. You’ve probably been lied to on more than one occasion today. But how do you detect these lies without the proper equipment? The answers may be easier than you think.

Our real message leaks out through our nonverbal communication, says Karen Stout, Western associate professor of communication. Nonverbal communication is the process in which messages are sent and received without the use of words.

“When someone is lying, they are trying to figure out the story and trying to stop verbal leakage,” Stout says. “They are trying not to be shift.”

When people lie, their movements are consistent and there is a pattern, Stout says. Conversely, when they tell the truth, they move in different ways throughout their story because they don’t need to monitor their movements.

Judee Burgoon, a communications professor at the University of Arizona who focuses on lie detection, studied body movements to see if a pattern could be found in liars.

Liars may have a pattern in which they touch their face or tap their hand to distract listeners from other body movements, Stout says as she touches her

hair, moves her hand back and forth and touches her hair again to demonstrate a pattern. These movements are often controlled, pre-planned and may seem unnatural.

It’s not just body movements that give away a liar. Details can make or break a story and just as easily key you in on a possible lie.

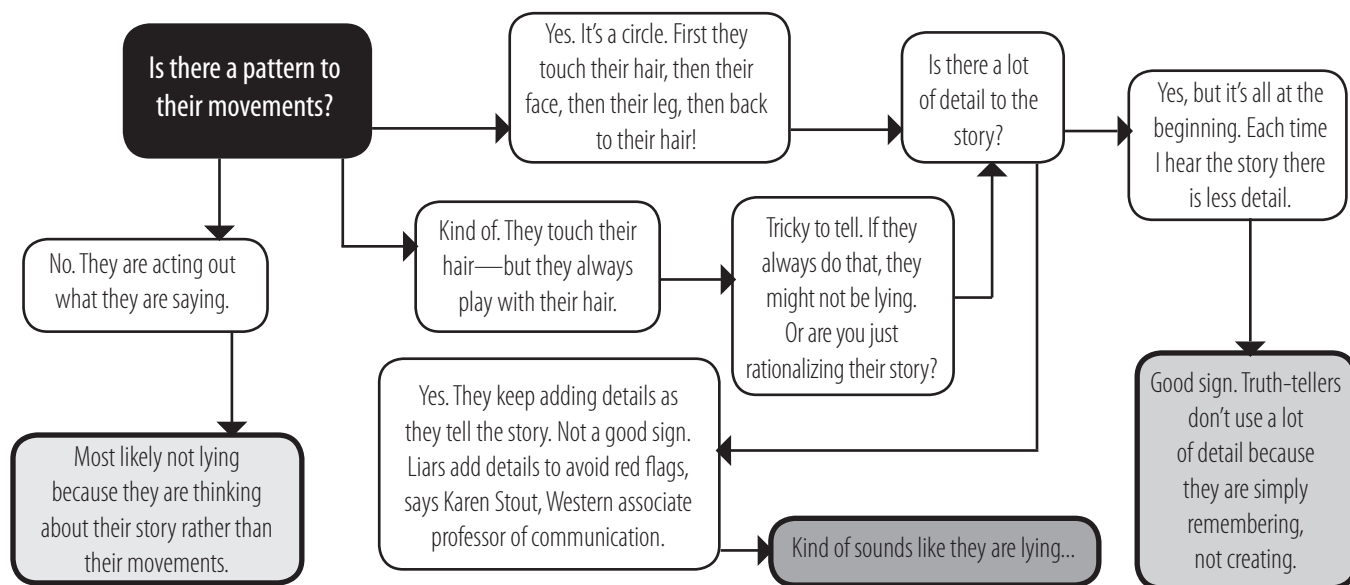
“The liar’s brain is super busy. If I am lying, I have to think about the story I am creating, not the facts,” Stout says. “If you are telling the truth, it just comes out and you don’t have to think about what you are saying, you are just remembering.”

Liars tell inconsistent messages that don’t always make sense because they are always playing guessing games, she says. Liars add details as they fill in the gaps, whereas truth-tellers tend to give more detail at the beginning. As truth-tellers continue, they rely less on details and focus more on the most important facts, she says.

Knowing how to lie and how to detect lies is an art form.

So the next time you decide to lie, make sure to do it properly. Whether it’s that good ol’ white lie you tell in order to spare your friend’s feelings or the dog ate my homework excuse, just know that someone may be on to you. ■

QUIZ: HOW TO TELL IF PEOPLE ARE LYING





Story by Brynn Regan

Photo illustration by Ceja Thompson

I jolted forward against the taut seatbelt as my boyfriend slammed the brakes of his pickup truck. Although I was shaking in sync with the purr of the engine, my eyes never blinked and never moved as I stared in disbelief at what was happening outside my house on Franklin Street.

It was 7:30 a.m., too early for any of my roommates to be awake. That's why I was puzzled by the long black hair hanging out the open door of my roommate Ashley's Volkswagen Jetta. I knew Ashley had an 8 a.m. class, but this figure looked nothing like her—had Ashley dyed her hair? Logic set in. Ashley wasn't 6-feet tall nor did she wear a size-12 shoe. A man was breaking into her car, and it was time for me to make a choice. Fight or flight? All I wanted

to do was attack that man. I think my body's natural instinct *is* to defend itself. But in the face of danger I question my sanity because I will go to any length to defend it ... isn't that what adrenaline is?

I enjoy the rush of jumping into risky, life-threatening situations, leaping off 60-foot bridges and falling out of planes 10,000 feet high. But, I'm not suicidal—quite the contrary. I've merely discovered how to chase adrenaline highs, even if it means taking risks.

Adrenaline coursed through my bloodstream as I saw my roommate's car being broken into. Also known as epinephrine, adrenaline is a hormone produced in the adrenal glands, located on top of the kidneys, says Dr. Geoff Trenkle of St. John Macomb Oakland Hospital.

In response to emotional, visual or other stimuli, the brain sends a signal to the pituitary gland to produce epinephrine. The pituitary gland then sends that signal to the adrenal glands.

I am human. Yet during that criminal chase, it was as if I reverted back to my basic animal instincts.

Ironically, I, the 5-foot 9-inch blonde, was the one with superhero instincts instead of my 220-pound boyfriend. I managed to wriggle out of my boyfriend's grasp and out the passenger door. The thief's jacket swished back and forth as he sprinted away from me.

Without my permission, my mouth opened and I screamed at the man: "What the fuck are you doing?" I played soccer in college and have been involved in sports my whole life, but I never ran that fast.

I took a sharp turn down the side yard of my neighbor's house. As I met the thief's gaze, I could tell from his eyes that he was drunk. He stumbled backwards, landing on all fours. Picking himself up, his run evolved from a monkey-like gallop into a full-on sprint through the neighbor's backyard.

As he tried to escape over the neighbor's 8-foot fence, my hands instinctively found his ankles as he dangled overhead. Nothing could stop me. Although it was adrenaline that put me in danger, it was also adrenaline that protected me.

As a defense mechanism, adrenaline increases heart rate, dilates the eyes for better sight, stops blood flow to organs requiring the most blood and increases sugar in the blood stream to boost energy, Trenkle says. Adrenaline also causes hyperventilation and dilates the bronchioles to make breathing easier.

The two basic functions of the adrenal glands are to produce either the parasympathetic or the "rest and digest" instincts, or the sympathetic, "fight or flight," instincts. And, adrenaline increases the "fight or flight" response.

"You hear stories about people picking up a car [during an adrenaline rush]," Trenkle says. "[That is] something you couldn't normally do."

Picking up cars—or perhaps in this case, chasing armed criminals. I could hear the sharp 6-inch blade whip out of the thief's pocket before pointing directly at my boyfriend. Or maybe I just imagined the sound as I watched the scene unfold. We found ourselves in this frightening situation after the man had escaped my grasp and tumbled over the fence. I ran to meet my boyfriend on Ellis Street, where I was about to watch him get stabbed right in front of my eyes. But he managed to back away from

the thief's threatening blade. I dialed 9-1-1.

From there, the thief and I played an unusual game of cat and mouse, or hide-and-seek, but the person I was seeking was armed, drunk and dangerous. With the help of a conveniently parked garbage truck and my boyfriend's truck, the cops had an easy time pursuing the thief as he tried to get away through the blockade of vehicles.

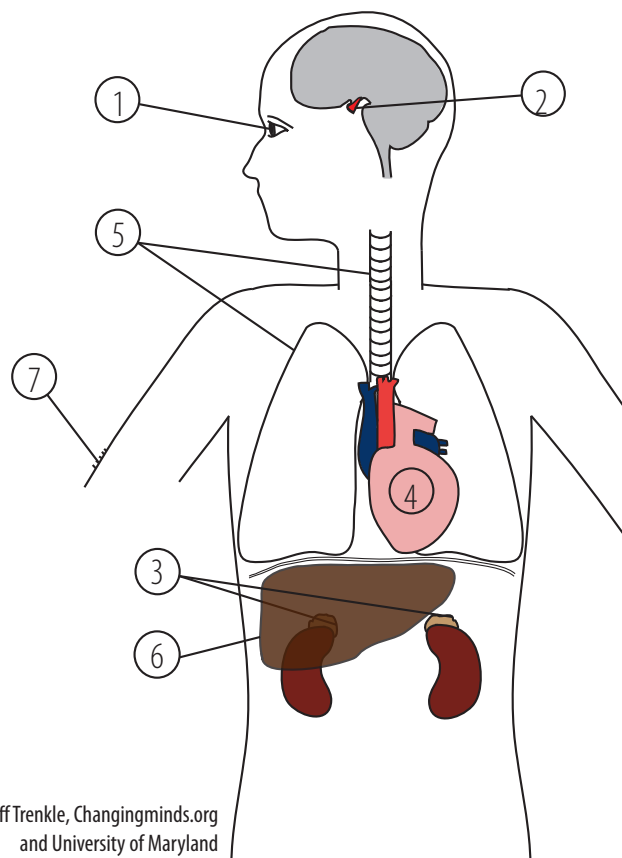
With shaking hands, my boyfriend and I filled out a police report. The cops reassured us that the thief, who had been wanted for possession of unconcealed weapons, was going to be put in jail.

But interestingly enough, the thief had dropped Ashley's stereo on the driver's seat of her car. He hadn't stolen anything or left any damage. And it hadn't been for nothing—the adrenaline high had given me just the fix I craved. ■

HOW ADRENALINE AFFECTS THE HUMAN BODY

Illustration by Audrey Dubois-Boutet | KLIPSUN

1. The **eyes** dilate in order to see more clearly.
2. The **pituitary gland** sends a signal to the adrenal glands in response to emotional or visual stimuli.
3. The **adrenal glands** produce epinephrine and norepinephrine—or adrenaline and noradrenaline—along with other hormones. Epinephrine is responsible for the following reactions in the body to occur.
4. The **heart rate** increases in order to pump blood to different organs throughout the body. Blood vessels increase in size in order to push more blood to the organs that need it the most, and the vessels constrict flow to organs that do not need it.
5. The **lungs (respiratory system)** hyperventilate so the body can take in more oxygen. The bronchioles dilate to make it easier to breathe.
6. The **liver** produces an excess amount of glucose or sugar to give the body more energy.
7. The body's **hair** stands on end and become more sensitive to the body's surroundings.



Sources: Dr. Geoff Trenkle, Changingminds.org
and University of Maryland



COLOR COORDINATION

■ How to solve a Rubik's Cube

Story by Oliver Lazenby
Photos by Cejae Thompson

Deep in Will Webber's wallet is an aged strip of paper with directions telling him how to twist, turn and untangle a four-by-four-by-four Rubik's Cube, which is one square larger than the standard Rubik's Cube. Webber and another student discovered the final move, or the "impossible move" as he calls it, while procrastinating in graduate school.

Webber, a Whatcom Community College math professor, discovered twisty puzzles in the early 1980s, just after the standard three-by-three-by-three cube landed on the shelves of American toy stores and became a national craze. The cube absorbed Webber as he set out to solve it.

According to Rubiks.com, a Rubik's Cube in the solved position is organized into one of more than 43

quintillion possible arrangements. How much is that? Well, if someone began twisting a Rubik's Cube at one turn per second, starting 250 million years ago when the first dinosaurs appeared, they would have found less than one one-thousandth of a percent of the possible combinations by today.

With those odds, solving the pesky thing may seem like more trouble than it's worth. But, with practice, anyone can learn how to transform a Rubik's Cube from a clutter of color into a uniform block.

"I think that with training, anyone could do it, but maybe not anyone could figure it out on their own," Webber says.

Rubik's Cubes, wooden puzzles and geometric origami cover every shelf in Webber's office. From his

“ A MIXED-UP CUBE IS LIKE A RINGING PHONE;
SOMEBODY HAS TO ANSWER IT. ”

- JON BETTGER, WESTERN GRADUATE

desk surrounded by posters covered in various geometric shapes, Webber twists the flat, colorful faces of a shiny new Rubik's Cube with deftness that comes from years of experience. The cube's inner mechanism makes a soft ratcheting sound as the cube's faces slide past one another. In about five minutes, he casually clicks the last row of colors into place and completes the cube, all while carrying on a conversation.

Unlike most Rubik's Cubers, Webber learned to solve the cube on his own in less than a week. Nowadays, most people learn how to solve a Rubik's Cube by cheating. Cubes typically come with directions that—like the answers in the back of a math book—are just too tempting to ignore.

Webber has taught several people his technique for solving the Rubik's Cube, including his daughter who has since learned to complete the puzzle no-handed.

“She's always been very dexterous with her toes,” Webber says. “One day she put it on the floor and started monkeying it with her feet.”



CLEARING UP THE CUBE

The trick to solving the cube is to understand the algorithms—sets of moves that place cubies in the right position without breaking the completed sides. Cubies, as they are commonly called by cube enthusiasts, are the smaller sticker-covered squares that make up the cube. Algorithms can be programmed into the fingertips through rote memorization, but some understanding of why they work makes them easier to learn.

Simply repeating a series of moves over and over does not result in a solved cube. Multiple algorithms, applied at different places in the solving process, are necessary.

Upon spotting a mixed-up Rubik's Cube, Jon Bettger, a Western graduate with a computer science degree, feels an urge to pick it up and solve it.

“A mixed-up cube is like a ringing phone,” Bettger says. “Somebody has to answer it.”

Bettger, like Webber, says anyone can be taught to solve the Rubik's cube. Although they learned how to solve the cube in different ways—Webber taught himself, while Bettger learned a technique from a Web site—they use a similar method.

Both puzzlers start with the top layer and work their way down. It helps to orient the cube so the same color is on top every time. Bettger always makes the top face white, while Webber starts with blue. Keep in mind that the cubies in the center of each face stay in the center. No amount of twisting can put the center cubies anywhere else.

Remember that the same colors are always opposite each other, Bettger says. For example, on most cubes the center blue square is always opposite green, white is always opposite yellow and red is always opposite orange. Knowing which colors are opposites helps to identify which squares to look for when solving the first layer.

Once the top layer is solved, it starts to get tricky. It becomes necessary to learn and memorize

LEFT: Jameson O'Connor, a Skagit Valley Community College student, peeks under his blindfold with assurance to see the perfectly solved Rubik's Cube.

processes of putting cubies in place without breaking the solved layer.

“Try to think in a pattern,” Bettger says. “Think of how to move a piece without permanently messing up what you already have done.”

In other words, break the finished section of cube, slide something into place and then restore the temporarily broken section.

SPEED CUBING

“I have a friend that can solve those lightning fast.”

“Is that still popular?”

“Are you going to a competition?”

People passing by Jameson O'Connor and the cubes laid out in front of him can't help their curiosity. O'Connor is a speedcuber—he doesn't just solve Ru-

bik's Cubes, he solves them blindingly fast. The Rubik's Guy, as he is known in his hometown of Anacortes, is an aspiring actor who enjoys demonstrating his Rubik's Cubing ability.

O'Connor, a Skagit Valley Community College student, learned to solve a Rubik's Cube when he was 13 years old. After seeing a video of someone solving a cube in 20 seconds, he went out and bought one for \$18, a total rip-off, he says. After his friend solved it using an online tutorial, O'Connor had to try it.

“I was like a hound released,” he says. “I memorized a 12-page solution.”

When O'Connor finally outsmarted his cube at 2:00 a.m., just two weeks after he bought it, he was so excited he woke up his mom to tell her. For the next two months, he brought his cube everywhere until he

CUBING WORLD RECORDS

Times shown are single-solve statistics for a variety of cube sizes

Illustration by Audrey Dubois-Boutet | KLIPSUN

Source: World Cube Association

00.96
seconds

Erik Akkersgijk,
Netherlands
2x2x2 cube

07.08
seconds

Erik Akkersgijk,
Netherlands
3x3x3 cube



memorized the solution. He would do it over and over again, and if a certain algorithm eluded him, he would focus on it until he knew it.

"It's not about memorizing the algorithms, it's about having your fingers memorize the algorithms," he says.

O'Connor began timing himself to see how his best times compared to the world record time, and he's been improving ever since. His unofficial best time is 13.5 seconds, which is not far from the world's fastest competition time of 7.08 seconds. Webber's best time is 51 seconds and Bettger doesn't time himself.

To solve a cube so fast, O'Connor performs moves from his muscle memory so his brain is free to think many moves ahead, he says. Also, he twists the cube with only his fingers instead of his whole wrist.

O'Connor has competed in five speed-solving competitions, and when he can afford a plane ticket, he travels as far as California to compete. The three-by-three-by-three speed-solving contest is his favorite, but he has competed in everything from two-by-two-by-two to seven-by-seven-by-seven, and even one-handed and blindfolded contests, which requires that competitors

memorize the cube before they are blindfolded.

O'Connor, who has accumulated nearly 200 cubes, owns several cubes designed for speed solving. He assembled the cubes himself so he could adjust how freely they spin. A squirt of heavy duty silicone spray in the center of the cube helps the mechanism spin with even less resistance.

When Hungarian professor Erno Rubik invented the cube in 1974, he probably didn't foresee competitors traveling hundreds of miles to solve the "Magic Cube," as he called it. He invented it because he needed a tool to explain three-dimensional geometry to his students. Since then, more than 350 million cubes have been sold worldwide, says Christine Trussel, vice president of the Rubik's brand.

While speed-solving isn't for everyone, playing with a cube is addicting and can be applied to life in a variety of ways. For a lifelong mathematician like Webber, a Rubik's Cube is a math problem that can be solved using concepts like commutators and cycles. For Bettger, solving a cube is like applying a computer program with a system of algorithms to the cube. For a theatrical performer like O'Connor, solving the cube is a fun and challenging way to display his skill. Regardless of how playing with a plastic toy fits into life, most cubers would agree with Webber—Rubik's Cubes are a great way to procrastinate. ■



36.46 | Dan Cohen,
United States
seconds | 4x4x4 cube

1:07.25 | Dan Cohen,
United States
minutes | 5x5x5 cube

2:15.53 | Michal Halczuk,
Poland
minutes | 6x6x6 cube

3:43.15 | Michal Halczuk,
Poland
minutes | 7x7x7 cube

ABOVE: Jameson O'Connor has a large collection of Rubik's Cubes, ranging from a two-by-two-by-two to a seven-by-seven-by-seven.

BEING + POSITIVE

■ How to live with HIV

Story by Brian Conner

In April 1997, 23-year-old Scott Bertani sank into his office chair when his doctor called with the four words that changed his life forever: “You are HIV positive.”

“I kind of felt that it was my turn, that all gay men get some sort of sexually transmitted disease where you just take a pill and you’re fine,” Bertani says. “Unfortunately, I got the one that can kill me.”

Faced with a life-threatening virus, Bertani says the shock fired his natural flight-or-flight instincts. He says he had to grow up and mature quickly in order not to take life’s preciousness or brevity for granted.

Now 38, Bertani has learned a lesson the hard way, yet he wears a smile on his clean-shaven face. A professional-looking man with raven-black hair jelled into a fashionably messy style, Bertani works for the Evergreen AIDS Foundation in Bellingham. He helps others learn how to stay sexually safe by sharing his story and providing HIV/AIDS testing in four counties.

AN INCURABLE AFFLICTION

In the mid-90s, Bertani thought he was in a monogamous relationship with the man he’d been dating for almost two years. But he found out he had contracted HIV, or human immunodeficiency virus, because his partner had been sleeping with other people. Before getting tested, Bertani constantly felt tired and had flu-like symptoms—indicators of HIV. HIV is a strand of virus that causes AIDS, which stands for acquired immunodeficiency syndrome.

People (both gay and straight) can contract HIV by having sex. There are no confirmed cases of female-to-female transmission of HIV in the U.S. because

small amounts of bodily fluids are exchanged during sexual acts between women, according to the Centers for Disease and Control and Prevention (CDC). Thus, lesbians don’t face the same risk as gay men; women are more likely to contract the virus through sex with a man. HIV is also acquired through sharing syringe needles, blood transfusion and breastfeeding.

Nowadays, advances in science may prevent HIV from turning into AIDS. People who are HIV positive are sometimes able to live long lives comparable to people without the virus. It’s possible, but not always.

HIV infects the immune system by attacking T-blood cells: a part of white blood cells that help fight disease. The virus will often lower white blood

“ I KIND OF FELT THAT IT WAS MY TURN, THAT ALL GAY MEN GET SOME SORT OF SEXUALLY TRANSMITTED DISEASE WHERE YOU JUST TAKE A PILL AND YOU’RE FINE. UNFORTUNATELY, I GOT THE ONE THAT CAN KILL ME. ”

- SCOTT BERTANI,
ASSISTANT DIRECTOR,
EVERGREEN AIDS FOUNDATION

cell counts, too. As a result, the body can't defend itself against infections and HIV becomes AIDS. AIDS will lead to death—there is no treatment to cure or reverse it.

A HEAVY PRICE

Bertani pays the reduced price of \$20 per prescription, and his insurance pays the rest for HIV medication that normally costs \$2,314 per month. Bertani also has to pay for blood testing about every four months, which may determine additional medications he needs. After paying for food, his car and his mortgage, little money is left for other expenses.

But the greatest cost, which no dollar amount can fix, is putting up with stigmas and negative attitudes toward people who are positive with HIV or AIDS—a negativity deeply rooted in the United States' history of discriminating against gay people as well, Bertani says. In the 1980s, when the first AIDS outbreaks were identified in the U.S. in San Francisco, the CDC called the disease "gay-related immunodeficiency disease."

DEFYING A STIGMA

Bertani says it took him years to get over the negative labels.

"I wasn't a slut, I just made a bad decision," Bertani says.

An example of discrimination in the gay community is use of the acronym DDF (drug and disease-free), which is commonly used on Web sites like craigslist to specify the type of person sought for a date or hook-up. Because gay people are frequently discriminated against in mainstream society, the Internet is an easy way to meet people for sex or dating. The DDF label is not only hurtful, as it ostracizes people who are positive with HIV or AIDS in the gay community (an already marginalized group), but it is not always accurate either, Bertani says. One in five, or 21 percent, of those HIV positive were unaware they had the virus, according to 2006 CDC data.

With the proper precautions and open communication among partners, people positive with HIV or AIDS are not restricted from sex, dating, falling in love or being in long-term relationships.

But can a person really tell a loved one that he has the virus of all viruses—one so feared and looked down upon? There's no alternative, Bertani says. Only the truth and open communication will make for a healthy relationship.

"I like to go out and buy them flowers and then come home and tell them," he says. "I do it with four simple words: I am HIV positive." ■

~11,000

people live with HIV or AIDS
in Washington — the majority
live in King County

137

people are HIV positive
in Whatcom County

63%

of new HIV diagnoses between
2003–2007 were attributed to
male-to-male sexual contact

Source: Washington State Department of Health

As a means for men to network and support other men living with HIV or AIDS, Scott Bertani is finishing a Web site called **theredlightlounge.com**. The Web site offers self-assessment and diagnostic tools to help users make educated choices about sex.



HOME BREW

IS WHERE THE HEART IS

■ How to brew beer in your kitchen

Story and photos by Michael Homnick

Standing over a vat of simmering malts and grains, Western senior Alex Gislason is in his element. Peering out from under his beanie through the steam, he carefully tends to the brew-in-progress, making sure everything is going according to plan.

"This is looking great," he says over a Nirvana album playing in the background. "We are right on schedule."

Not that it would matter much if the batch of chocolate stout was running a little behind—clearly there is not much else Gislason would rather be doing than brewing a batch of beer.

Cracking open a bottle of his most recent brew, a full-bodied ale, he explains how home brewers are often motivated to experiment and try new things with their beers. This creates flavors the beer market does not provide. For example, Gislason is adding real chocolate to his stout, something he says would be

hard to find in a store.

"You don't have to do it like Boundary Bay to make a good beer," he says. "Love comes out of learning."

Sitting behind the bar of a brewery like Boundary Bay sipping a beer, it is easy to imagine a chemistry lab full of people in lab coats plugging away at equations and mixing precise amounts of ingredients to create the final product served on tap.

While many brewing companies would likely prefer to keep this glorified image intact, the truth is the beer-making process is performed by people all around, many of whom have not graduated with a degree in chemistry.

In fact, according to the American Homebrewers Association, more than 750,000 people brew their own beer in the U.S.

"It isn't a really complicated process," says Robert Arzoo, who owns the North Corner Brewing Supply

// YOU DON'T HAVE TO DO IT LIKE BOUNDARY BAY TO MAKE A GOOD BEER. LOVE COMES OUT OF LEARNING. //

- ALEX GISLASON,
WESTERN SENIOR AND HOME BREWER

store in Bellingham. "It's more like cooking—you gotta have the right pots and pans, but it is relatively simple."

North Corner serves as a home base for brewers in Bellingham, providing the "pots and pans" necessary to make beer, such as large jugs or buckets used for fermentation, as well as some things Arzoo says are ultra-specific to brewing like airlocks and corks.

Home brewing in the U.S. has been growing in popularity ever since it was legalized in 1978, partly due to the wide demographic of people it attracts. Arzoo says the type of people coming into his store varies greatly, a testament to the broad appeal of home brewing.

"It ranges from do-it-yourselfers to engineers," he says.

Many beer-makers consider Bellingham to be the perfect place to find other people to share their beer-making experiences.

Alex Cleanthous, a graduate of Western's environmental studies program, is a member of the Bellingham Homebrewers Club and says he is happy to be a part of the brewing scene in Bellingham.

"Bellingham has a do-it-yourself culture," he says. "People learn they can do it and want to try. They want to help other people make good beer."

The Bellingham Homebrewers Club has more than 140 members, a number Cleanthous says shows the enthusiasm in Bellingham for home brewing. He says being a member of the club has been a great way to meet other people who brew their own beer, as well as get advice from people who have been brewing longer than him.

The club also gives members a chance to observe brewing on other levels than home brewing. In a recent

tour of Boundary Bay Brewing Company's brewery, the members acted like kids in a candy store as assistant brewer Anthony Stone explained the brewery's process, which Cleanthous says is essentially home brewing on a larger scale.

"The biggest difference is consistency," he says. "Basically they have to reproduce the same beer with the same taste again and again."

He says this can be difficult for home brewers since they do not have the expensive equipment and



LEFT: A recently bottled batch of ale, brewed by Alex Gislason.

RIGHT: Gislason filters malts and grains out of a chocolate stout. At this stage of the brewing process, the brew is called wort.

filters used by breweries.

This lack of equipment is trivial to home brewers like Cleanthous, and the majority of the enjoyment seems to come from the do-it-yourself feel of the process and the new experiences brought on by each batch of beer.

“It’s really a hobby you can completely invest yourself in,” Cleanthous says.

While there are many reasons people become home brewers, it seems there is one universal trait: a love for beer.

For Western student Robbie Lowry, 25, beer was not an important part of life, or even a hobby, until he turned 21. Lowry did not drink until reaching the legal drinking age in the U.S., but he says once he tried it, beer immediately interested him. However, he was then faced with the seemingly limitless number of styles and brands to try.

He devised a flawless system to counter this: try beers with the coolest labels. After a while, Lowry says

he began to notice numerous flavors in beer, but did not know enough about the brewing process to pinpoint what the flavors belonged to.

He decided the best way to fix this was to learn the process himself. By seeking out people with knowledge of beer, Lowry was able to educate himself on the basics of beer-making and attempt his first batch of brew. That was a year and a half ago—now Lowry is brewing batches of his own beer almost monthly.

He says a batch always starts with a trip to the brewing supply store to pick up necessary ingredients: water, malt extract, specialty grains, hops and yeast. These will vary slightly depending on the type of beer, but mostly the same ingredients are used for all types of beer.

The malt extract is essentially a thick syrup which acts as the base of the beer. This brewing style, known as extract brewing, takes its name from this malt syrup and is basically a beginner’s stage of brewing due to its simplicity, Lowry says. However, more serious brewers can attempt a style known as all-grain brewing, which Lowry says is more complicated but gives the brewer more control over the final product.

After acquiring the ingredients, the process begins by soaking the grains in water about 160 degrees Fahrenheit. This process, called steeping mashing, releases the grain’s sugars and flavors. Next, the grains are removed and replaced by the malt extract and hops, which are boiled for about an hour. The sugary substance that results is called wort, and will provide all necessary sugars for the yeast to produce alcohol. After quickly cooling the wort and transferring it to a fermenting jug or bucket, yeast is added, usually in liquid form.

And now the waiting begins. The wort and yeast mixture must be placed in a dark place with a temperature around 60 to 70 degrees Fahrenheit. Because light has the ability to alter the flavor of a fermenting beer, a brew that is “light-struck” could end up with foreign flavors. To combat this, Lowry simply puts a dark shirt over his fermentation jug, a do-it-yourself solution typical to home brewing.

Fermentation occurs when yeast eats the sugars in the wort, creating what many would consider the most important element of beer as a byproduct—alcohol. Carbon dioxide is also released in the form of bubbles, so the jug must be sealed with a device called an airlock. The airlock allows carbon dioxide to be released without letting any air in, he says.

After about two weeks of fermenting, the contents are transferred into another fermenting jug, filtering out some of the sediment and sludge that accumulates at the bottom of the liquid. And, after another week, the batch has officially been brewed, and

BEER 101:

Befuddled at the bar?

Order like a pro with our quick beer reference guide.

Lager: Light in color, less alcohol and complexity than other beers. It is the most popular beer in the world.

Ales: Higher in alcohol, fuller-bodied and more complex than lagers. Usually have fruity flavors.

India Pale Ale (IPA): Type of ale brewed with a high amount of hops, giving a stronger, more distinct flavor.

Stout: A very strong type of ale that is made with roasted malts. Very dark in color.

Porter: Strong ale that is dark in color. Similar to stout.

Pilsner: Golden-colored with dry finish.

Source: beerhunter.com

HOME BREWING HOW-TO

Illustration by Rebecca Rice | KLIPSUN



it is time to bottle.

To accumulate carbonation after being bottled, the beer must sit another two weeks in bottles before being enjoyed. The entire process takes approximately one month, something Lowry says has encouraged him to purchase multiple fermentation jugs to brew multiple batches at the same time.

Lowry says he has gained invaluable experience from brewing over the past year and a half, mostly from trial and error. For example, if too much sugar is added after bottling to promote carbonation, extreme amounts of pressure can be created—enough for the tops to be explosive.

“The bottles can be like little mini-hand grenades,” he says. “You don’t want that to happen.”

Perhaps the most important lesson Lowry has learned in his brewing experiences is the joy that can come out of brewing one’s own beer.

“Pretty soon I just realized I want to be doing this as much as possible,” he says.

For Lowry, brewing is a process enjoyed with friends both during and after the beer-making process.

He says he credits a number of these friends and co-workers with giving him the help and advice needed to brew successful beer. This way, brewing becomes less of a hobby and more of a lifestyle to be experienced with fellow home brewers.

“There is definitely a culture surrounding beer-making,” says Gislason, as he watches his chocolate stout wort filter down into a container on his kitchen floor. “This is similar to any other art form.”

He uses the term “art” literally. With so much complexity going into each batch of beer, he says it would be wrong to call home brewing anything other than art. By making small changes to elements within a kettle, such as varying temperature by a few degrees, Gislason says brewers, like artists, can achieve limitless, unique and interesting results.

In the end, home brewing can simply be considered a cooking project: There are ingredients with a recipe, which one follows until the end product is achieved. But for many like Gislason, Cleanthous and Lowry, brewing is much more than following a recipe—it is a way of life. ■

Turkish

Delight

■ How to travel on a budget

Story by Brooke Loisel

Even at midnight the air is humid and sticky as two Western juniors sit on the sandy moonlit beach in southern Turkey, waiting for baby sea turtles to come out of the sand. Flashlights in hand, Marie Enell and Laura Sandall shine a light to guide a sea turtle who is seeing the world for the first time.

These newly hatched turtles are smaller than the size of an iPhone and more fragile.

Typically when the endangered animals hatch they follow the moonlight back into the Mediterranean Sea, but because of the bright lights from nearby cities, the turtles can be led astray and may die on the hot beach.

That is where Enell and Sandall come in. As volunteers, their mission is to help guide the sea turtles to their new home in the sea.

Enell and Sandall embarked on a six-week trip to Turkey and Greece.

They signed up with Volunteers For Peace in search of new sights and adventure at a low cost. The non-profit organization helped Sandall and Enell volunteer in Turkey for a mere \$300, which included a two-week reservation in southern Turkey complete with housing and meals, in exchange for four volunteer hours a day.

Traveling abroad can be

inexpensive if proper planning and preparation is taken before jetting off, Sandall says. Enell and Sandall spent about \$2,000 each for their six-week trip.

The two purchased their airline tickets from the Student Travel Association (STA) Web site, which provides students with inexpensive travel packages.

Krista Mantello, Western's program coordinator for International Programs and Exchanges (IPE), says the costs of studying abroad vary greatly depending on the nature of the program, destination and duration. Last year, 474 Western students traveled to 40 different countries.

Although Enell and Sandall did not travel through Western's IPE, much of the same preparations were taken.

Sandall says she felt culture shock immediately after flying into Istanbul, Turkey, their first stop.

"The first bus ride was amazing," Sandall says. "It was a com-

pletely different culture. You could see all these mosques and markets."

The two women passed storeowners sitting at tables outside their cramped beige stores while walking to the hostel. The women were often asked if they would like a cup of tea and Enell, not wanting to sound rude, would accept and sip tea as the Turkish men played backgammon.

She giggles while retelling the story, saying she has never felt so pressured to have tea before. Once the tea was gone, Enell and Sandall would usually be asked to see the men again.

"They would say, 'What're you doing tonight? Come, let us take you out,'" Enell says.

After Istanbul, Enell and Sandall took a 12-hour bus ride to rural Kazanli in southern Turkey, the Volunteers For Peace location. Once at the program, the two met 18 other volunteers from 19-to-26 years old.

Kazanli is a small village with

WHERE IN THE WORLD?

Illustration by Lauren Sauser | KLIPSUN



open fields, complete with a faint smell of cows and a view of the Mediterranean Sea.

The turquoise water was so clear you could see yourself standing in the sea, Enell says.

The volunteers, who came from all over the world to work in Turkey, stayed in a run-down school. Enell and Sandall, were the only Americans and blonde women, and were often asked if they were from Sweden, Sandall says.

Without hot water, showers were quick and came from a plastic tube protruding from the wall. Toilets were just a hole in the ground and clothes were washed in the sink.

While in Kazanli, the two women provided an English lesson to teach other volunteers the language basics. Sandall says most of the volunteers spoke more than one language and communication was not a problem with the people they met.

Once their volunteer time ended, Enell and Sandall traveled around Turkey for an additional

two-and-a-half weeks. The two saved money by staying in hostels that also served complimentary breakfast. Instead of visiting costly museums or following guided tours, they would go for hikes, learn about the area and explore the city.

Enell and Sandall would check their bank accounts at Internet cafés and book a hostel for the night through the Hostel World Web site. To eliminate overnight costs, Sandall says they rode night buses when traveling long distances.

“Marie and I are both really frugal so we would plan out the day and go from there,” Sandall says.

Whether a student is looking to study abroad or just travel, doing so on a budget is possible.

Instead of spending next summer at home, students can take advantage of the opportunity to earn credits toward a degree in the country of his or her choice, or volunteer and meet people from all over the world while guiding sea turtles to the Mediterranean Sea. ■

474 students traveled abroad through Western's IPE in 2008-2009. Their top five destinations are bolded.

 2008-2009	# of Students
1. Canada	2
2. Mexico	11
3. Costa Rica	38
4. Dominican Republic	1
5. Panama	1
6. Ecuador	4
7. Peru	10
8. Brazil	1
9. Argentina	32
10. Chile	6
11. Uruguay	1
12. Ireland	9
13. United Kingdom	10
14. Sweden	2
15. France	39
16. Poland	5
17. Germany	22
18. Czech Republic	2
19. Hungary	1
20. Austria	7
21. Greece	3
22. Spain	47
23. Italy	28
24. Cyprus	1
25. Turkey	10
26. Russia	1
27. United Arab Emirates	2
28. Morocco	2
29. Senegal	2
30. South Africa	19
31. India	10
32. China	9
33. Thailand	11
34. Japan	70
35. Australia	20

Source: International Programs and Exchanges, WWU



Renters Revolt

■ How to know your rights as a renter

Story by Steven Dahl
Photos by Rhys Logan

Bellingham is a mecca for first-time college renters experiencing the world of landlords and rental agencies with open and naïve eyes, as new renters are often shocked to see part of their security deposit mysteriously vanish after moving out of a part-time dwelling.

Western senior Ryan Otto dealt with this experience after vacating a two-bedroom apartment south of campus in July 2008. But unlike some new renters, Otto would not back down without a fight.

Shortly after moving out of his apartment, Otto received a check for \$518.50—a significant drop from his initial \$750 deposit. While signing the lease, Otto was informed \$95 would be taken out of the deposit to clean the carpets, but the remaining \$136.50 was removed for five-and-a-half hours of unspecified “cleaning.”

Otto immediately called his property management company to ask for a detailed list of what took several hours to clean. It is the landlord’s responsibility to return the deposit in full, or give a specific and detailed list of the reasons why the deposit was withheld within 14 days of the tenant’s move-out date, according to the Washington Residential Landlord Tenant Act (RLTA). Otto felt “cleaning” was not an adequate reason to take the excess money, and although he called his landlord several times to discuss

the matter, his concerns were not recognized.

“They loved to give me the runaround,” Otto says.

Only after he made a surprise visit to the rental office was Otto able to confront the owner of the company. Well after the 14-day grace period, Otto says he was handed a generic cleaning schedule that cited various, random items and places around the apartment that had been cleaned.

Otto once again confronted the agency claiming the list they provided did not account for the time it took to clean the apartment, but was shot down, he says. And after a couple of heated phone calls and e-mails, Otto came to the conclusion that his landlord, and others like him, seem to take advantage of college renters.

“This company can bank on college students not having the time or energy to pursue their money,” Otto says. “They do this on a regular basis because students don’t know their rights as renters.”

No longer just about the money, and more about the principle of being treated fairly, Otto found himself filling

LEFT: Ryan Otto stands out side the Whatcom County Courthouse where he sued his rental agency.

out paperwork to take his landlord to small claims court.

Holley Smith has dealt with similar situations. The Seattle-based landlord has 33 years of experience managing 10 one- and two-bedroom units in King County and says rental issues can be resolved by staying in touch with the landlord during residency.

With bigger agencies it is easy to feel like a number rather than a tenant, which can lead to animosity, Smith says. When problems arise, he says, it is important to know your rights.

“The Revised Code of Washington laws favor the tenants heavily because I, as a landlord, have the means to hire a lawyer, whereas most of my tenants don’t,” he says.

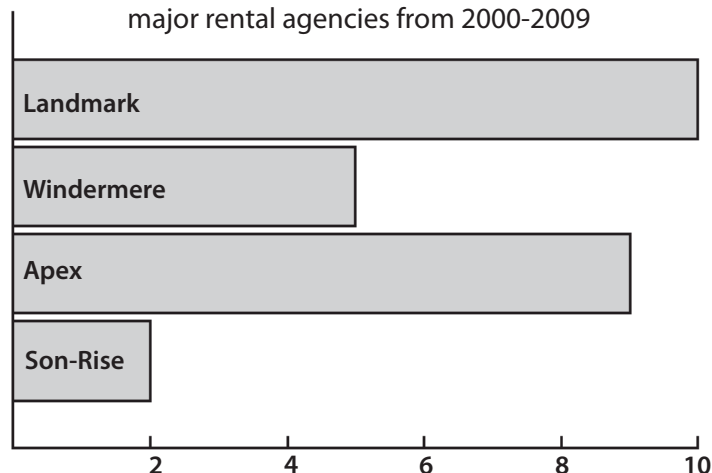
In April 2009, nearly seven months after Otto handed his former landlord court papers, he found himself sitting in a crowded courtroom. While waiting patiently, he listened to Bellingham residents debate traffic tickets, and glanced over his documents one more time. His nerves were being tested.

After the traffic violations were sorted through, Otto was assigned a smaller, but no less intimidating, courtroom to conclude what had been building up for months.

Both sides made their case. Otto claimed the apartment was clean when he vacated, and that the landlord had failed to provide a specific and

Bellingham’s Sued Rental Agencies

Number of civil and small claims cases made against major rental agencies from 2000-2009



Source: The Whatcom County Courthouse

Renters Guide

Angry at your property management company? Here are a few tips to help secure your rights ... and money.

Keep a copy of the condition checklist.

Read carefully through the lease before signing.

Take dated pictures of any damage before moving in.

Do not be late on rent, this will affect future renting opportunities.

Follow guidelines closely communicate with your landlord.

Keep a copy of all forms and formal complaints.

Source: Apex Property Management

detailed list for withholding the money. While the landlord claimed Otto’s move-out clean wasn’t the same as somebody else’s move-in clean. He even brought one of the employees of the cleaning company he hired to testify.

However, both plaintiff and defendant quickly learned about hearsay.

“Basically, if it turns into a he-said-she-said situation, none of it is admissible in the case,” Otto says. “Judges are amazingly good at telling who’s lying.”

In the end, it did not matter whether or not the apartment was cleaned vigorously enough. The only thing that mattered was that the list the landlord provided was not detailed enough to live up to the RLTA, and was not delivered within the timeframe allowed by law. Otto won the case, and was awarded \$160.50 to cover the missing money and the cost of filing the case.

On the short drive home from the courthouse, Otto, feeling victorious, received a serendipitous gift from another part of his local government. While calling his mom to give her the triumphant news of his win, Otto was pulled over by a motorcycle cop for speeding and talking on his cell phone while driving. His \$160 victory turned into a \$300 fine less than an hour after it had been awarded.

“Yeah, that totally rained on my parade,” Otto says with a chuckle. ■



From Ski to Shining Sea

■ How to win the Bellingham Olympics

Story by Dan Balmer
Photos by Skyler Wilder

An Olympic athlete may train for thousands of grueling hours. They may only get one shot every four years to perform at the highest level in hopes of attaining glory.

For some 450 teams and more than 3,600 participants in Whatcom County, the opportunity to shine comes every Memorial Day weekend in the Ski to Sea race, known by many dedicated locals as the Bellingham Olympics.

Bellingham native Jim Clevenger will never know what it feels like to have a gold medal hang from his neck, but he does know what it takes to become a champion.

Adorned on his desk is a two-foot tall, gold, polished Galbraith Cup trophy with a plate reading, “2009 Ski to Sea Champion.”

The path to victory was no easy task for Clevenger’s Runningshoes.com team. Clevenger, 47, has been competing in the Ski to Sea race since 1994, and it has taken him seven years to put together a top of the division team, he says.

SOMETHING FOR EVERYONE

The Ski to Sea race course has seven legs spanning 90 miles starting from Mount Baker and ending in Bellingham Bay. The race has been an annual race since 1973 and was the first relay race put on in the Northwest, Race Director Pete Coy says.

The race was modeled after the Mount Baker Marathon from 1911 to 1913, when locals set out to find the fastest trail to the mountain. The first winner was Joe Galbraith with a time of 12 hours and 28 minutes. By comparison, the 2009 winning team, The Bagelry, crossed the finish line in 5 hours and 45.51 minutes.

Each team has eight members, one person for each leg of the race and two who canoe the Nooksack River. The seven legs are: cross country ski, downhill ski/snowboard, running, road bike, canoe, mountain bike and the kayak. The longest distance is the road bike leg at 36 miles, which passes through the towns of Glacier and Maple Falls along Kendall Road. It ends on the banks of the Nooksack River in Everson where the canoe leg picks up. The mountain bike leg is 14 miles long, stretching from Hovander Park in Ferndale to Zuanich Park.

While it has changed often over the years, the

course is unique because it combines winter sports on the mountain, with summer sports on land and water, showcasing the recreational opportunities and geographical diversity of Whatcom County, Coy says.

The race teams are classified into three basic divisions: competitive, Whatcom County and recreational. A majority of the competitors race in the recreational division—people Coy refers to as the “weekend warriors.” Teams in the competitive division usually consist of athletes recruited by local businesses. The Whatcom County division requires that everyone on the team reside in Whatcom County.

THE TOP TEAMS

Over the last 20 years, both the competitive and Whatcom County divisions have been dominated by one team. Since 1992, Barron Heating has won the competitive open race 10 times. Beaver’s Tree Service, led by 20-year race veteran Brian Boatman, has won the Whatcom County division 12 times, nine straight from 1997 to 2006. Boundary Bay Brewery has won the women’s competitive division every year since they joined in 2000.

Barron Heating has put together teams of eight

men all with world-class talent, says Bagelry team captain Jeff Hilburn.

“They are the New York Yankees of Ski to Sea,” he says.

If they are the Yankees, then Hilburn’s team is the Boston Red Sox. Barron Heating’s streak of dominance changed in 2008 when The Bagelry captured first place in a shortened race due to inclement weather.

Hilburn, 39, is a tall, athletic man with broad shoulders and a clean cut look. A kayak is rigged to the top of his Suburu, so he is ready to go at any time. He says his team wanted to prove its victory in 2008 was no fluke after the 18-mile canoe portion of the race on the Nooksack River was cancelled because of high waters, completely changing the race’s dynamic.

GIFTED ATHLETES ARE NOT ALWAYS THE BEST

While athleticism can serve you well in the race, Hilburn says the most successful teams are the ones who are the most committed.

“The key to winning Ski to Sea is not having the best athletes or having the biggest budget,” Hilburn says. “It is having good team chemistry with everyone having the same goals ... to win.”

HOW TO FIELD A COMPETITIVE SKI TO SEA TEAM | Tips from Team Runningshoes.com

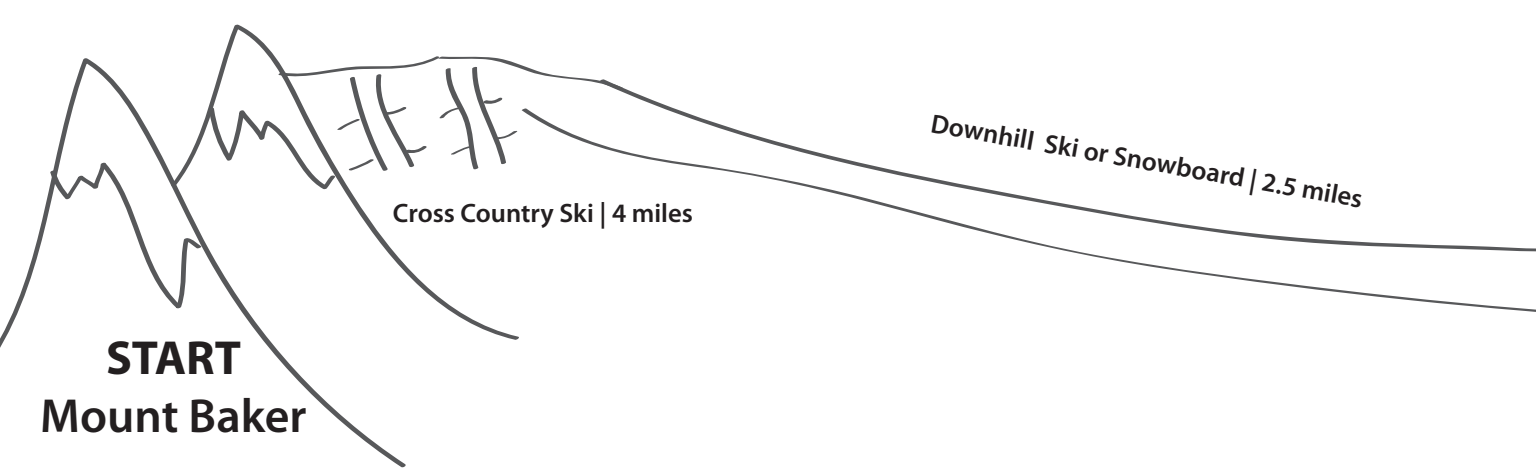


Network: Make connections with the top athletes in each discipline.
Be committed: Train at least a couple times a week for three months leading up to the race.
Race more: Take advantage of multiple races that take place around Whatcom County throughout the year.
Practice: Get familiar with the course.
Motivation: Team goals should be consistent.
Be Prepared: Take care of athletes to alleviate pre-race stress.

During the Race:

Avoid a weak leg: Find a comparable team and keep them in sight throughout.
Speed kills: Have a strong fast downhill runner.
Size matters: Smaller racers in the canoe, strong upper body racers in the kayak.
Drafting: Stay behind the athlete ahead of you to save energy.
Luck: Anything can happen on race day.

LEFT: Jim Clevenger poses with his 2009 Ski to Sea trophy.



Brandon Nelson says Ski to Sea is a big enough commitment for him and his wife that it has become a family tradition. Nelson, who was the third fastest kayaker last year, says the key to being a competitive racer is to take advantage of the many local races throughout the year.

Clevenger says it is difficult to put a competitive Whatcom County team together. So many of the talented local cross country and downhill skiers already have a team, while many of the competitive racers in these legs are former Olympic athletes, he says.

One year, the kayak leg had four Olympians competing, one of which was Greg Barton, a two-time gold medalist, and the first American to win a gold medal in kayaking, at the 1988 Seoul Korea Olympic Games. Daria Gaiazova, who has raced cross country ski leg in Ski to Sea for four years with Boundary Bay Brewery, is competing in the 2010 Vancouver Winter Olympics.

"The great thing about Ski to Sea is that you can line up next to an Olympian and see how you stack up," Nelson says.

The kayakers, he says, all want to know how well they did compared to the colleagues they race against all year.

"We are super competitive. There is enough testosterone to flood the entire bay," Nelson says.

RUNNERS AT A PREMIUM

While each leg of the race presents its own unique challenges, all of the team captains can agree

that the running portion of the race is the most grueling, and most difficult spot to fill. This section spans eight miles starting from the upper Mount Baker ski area to the Shuksan Department of Transportation Station. The runners drop more than 2,000 feet in elevation while running on hard asphalt.

Clevenger says it is hard to find a fast runner willing to run this race because of the pounding it puts on their bodies.

"Many runners don't know how to run downhill very well," he says. "Most people over stride and that's a real detriment going downhill. You need to keep your feet below you and your cadence really high and let gravity work for you."

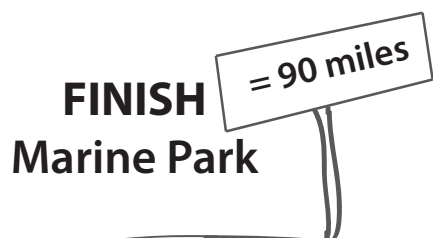
Clevenger says he is fortunate to have one of the fastest runners on his team. Charlie Sunderlage was top gun in 2007, and won the Seattle Marathon last year.

THE HOME STRETCH

Hilburn's eyes light up when he thinks of his greatest race moment last year on Bellingham Bay. By the time he reached his starting point for the kayak portion, word had spread that Barron Heating took a minute and a half lead over The Bagelry following the canoe leg, with two legs remaining.

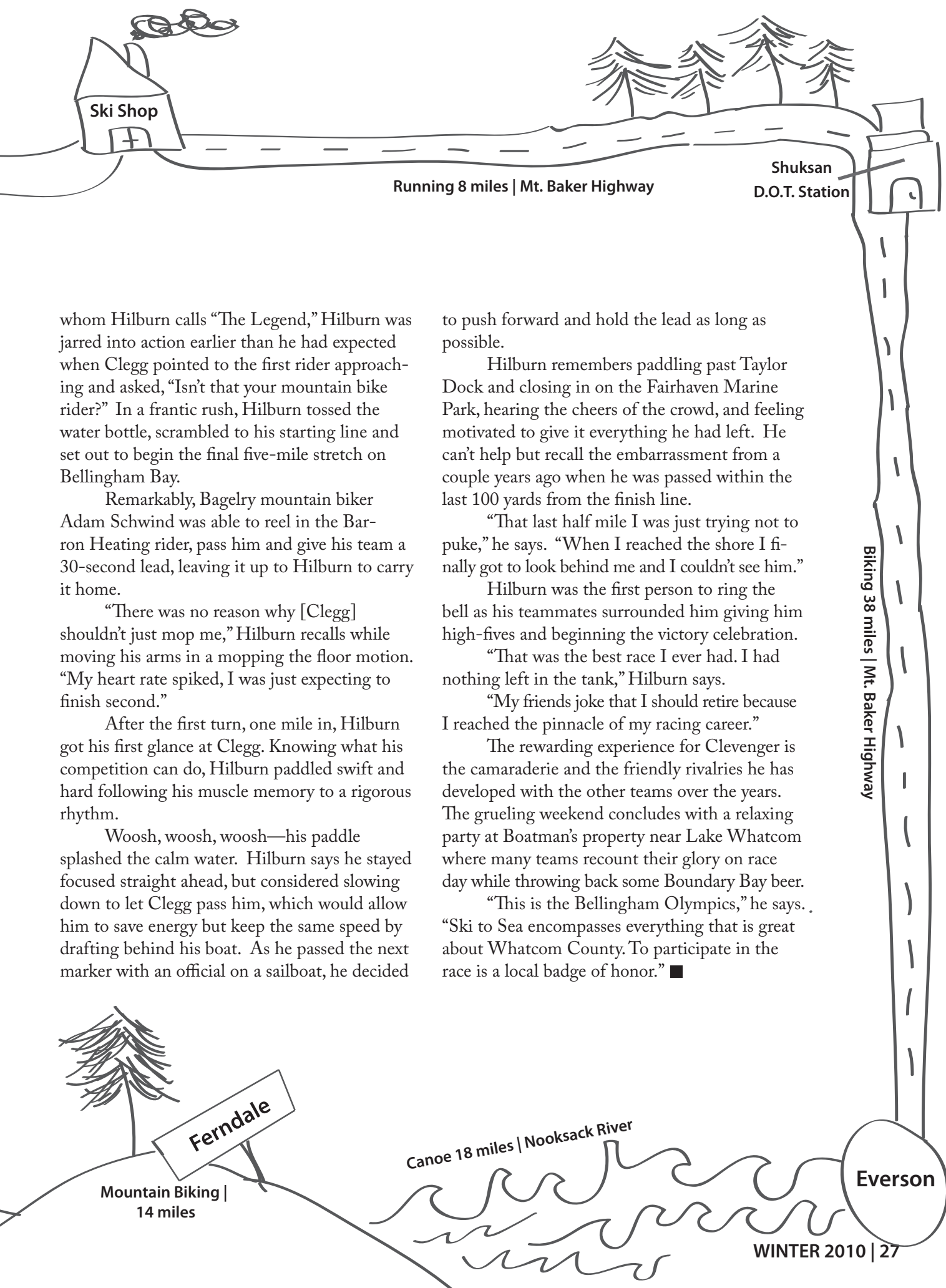
Everyone figured the race was over considering Barron had a professional mountain bike rider, Mark Hansen, and a top 10 national kayaker, Robert Clegg, competing against two regular guys, Hilburn says.

While drinking water and chatting with Clegg,



Sea Kayak Bellingham Bay | 5 miles

Illustration by Lauren Sauser | KLIPSUN



whom Hilburn calls “The Legend,” Hilburn was jarred into action earlier than he had expected when Clegg pointed to the first rider approaching and asked, “Isn’t that your mountain bike rider?” In a frantic rush, Hilburn tossed the water bottle, scrambled to his starting line and set out to begin the final five-mile stretch on Bellingham Bay.

Remarkably, Bagelry mountain biker Adam Schwind was able to reel in the Barron Heating rider, pass him and give his team a 30-second lead, leaving it up to Hilburn to carry it home.

“There was no reason why [Clegg] shouldn’t just mop me,” Hilburn recalls while moving his arms in a mopping the floor motion. “My heart rate spiked, I was just expecting to finish second.”

After the first turn, one mile in, Hilburn got his first glance at Clegg. Knowing what his competition can do, Hilburn paddled swift and hard following his muscle memory to a rigorous rhythm.

Woosh, woosh, woosh—his paddle splashed the calm water. Hilburn says he stayed focused straight ahead, but considered slowing down to let Clegg pass him, which would allow him to save energy but keep the same speed by drafting behind his boat. As he passed the next marker with an official on a sailboat, he decided

to push forward and hold the lead as long as possible.

Hilburn remembers paddling past Taylor Dock and closing in on the Fairhaven Marine Park, hearing the cheers of the crowd, and feeling motivated to give it everything he had left. He can’t help but recall the embarrassment from a couple years ago when he was passed within the last 100 yards from the finish line.

“That last half mile I was just trying not to puke,” he says. “When I reached the shore I finally got to look behind me and I couldn’t see him.”

Hilburn was the first person to ring the bell as his teammates surrounded him giving him high-fives and beginning the victory celebration.

“That was the best race I ever had. I had nothing left in the tank,” Hilburn says.

“My friends joke that I should retire because I reached the pinnacle of my racing career.”

The rewarding experience for Clevenger is the camaraderie and the friendly rivalries he has developed with the other teams over the years. The grueling weekend concludes with a relaxing party at Boatman’s property near Lake Whatcom where many teams recount their glory on race day while throwing back some Boundary Bay beer.

“This is the Bellingham Olympics,” he says. “Ski to Sea encompasses everything that is great about Whatcom County. To participate in the race is a local badge of honor.” ■



GET BANKED

- How to go from local to legend

FOR SOME, PARTICIPATING IN MOUNT BAKER'S **LEGENDARY BANKED SLALOM** MEANS RIDING IN SNOWBOARD HISTORY. FOR OTHERS, IT'S A RIGHT OF PASSAGE.

Story and photos by Skyler Wilder

Thirty-two turns is all it takes to cross the finish line and achieve snowboarding glory. Mount Baker's Legendary Banked Slalom (LBS) took its 25th run this year, making it the oldest single-venue snowboard competition in the world. And it's held in Bellingham's backyard.

Every year, snowboarding professionals and enthusiasts travel from mountain peaks all over the world to be a part of this homegrown event.

Distinct from other aggressive, large-scale competitions, the LBS isn't about making money or going big. This legendary slalom is about embracing the pure action of carving—turning side to side—on a snowboard and exchanging a few words with devoted athletes.

WHAT IS A BANKED SLALOM?

Unlike a traditional slalom-style course with a series of gates placed on the average snow-covered hillside, the red and blue gates of the banked slalom are stabbed perpendicularly into the walls of the natural half-pipe. This way, snowboarders can get more vertical, similar to the motion of a surfer carving on a wave.

This one-of-a-kind event was created by Mount Baker's general manager Duncan Howat, owner of Sims Snowboards, Tom Sims and the late Bob Barci, owner of The Bike Factory. During a time when snowboarding was lacking respect and seeking understanding from the masses, these three men came together and created an event catered specifically for snowboarders.

"At the time, snowboarding was really trying to find its own groove with what type of competition would work best, not just showcasing, but [utilizing] what was unique to the sport as best as possible," says Gwyn Howat, Mount Baker's 22-year operations manager and event coordinator.

LBS is a three-day event, split into qualifying runs held the Friday and Saturday preceding the finals on Sunday. The competition consists of 13 divisions broken down by age, gender and ability, making for a mass of competitors from around the world, all eager to get their chance to race.

"At first, it was first-come, first-serve for how people got into the race, so everyone would mail or fax in their entry forms," Gwyn says. "I knew we had outgrown the process when I came into work one morning and so many faxes had fallen off the machine. There was a foot of paperwork on the floor for entries that had come in from all over the world. People had

stuffed envelopes under the front door of our office."

Serving as one of five ways to earn a spot in the LBS, Mount Baker hosts a Locals Qualifier every year on Martin Luther King Jr. Day. The Locals Qualifier allows for riders, who have yet to make their LBS debut show their speed. This qualifier is designed to give the locals growing up around the event, and pass holders who tear up the hillside weekly, a chance to race. This is their opportunity to go from just another local to a Mount Baker legend.

// SOMETIMES THE COURSE GETS SO NASTY, YOU JUST HAVE TO GRIT YOUR TEETH AND GO FOR IT. //

-GWYN HOWAT,
LBS EVENT COORDINATOR



TIPS FOR RACE DAY

from Gwyn Howat

- don't ask, just do
- strong legs are key
- wax does matter
- zip pockets and cinch hood
- stay low on the course
- analyze other riders' mistakes
- .01 seconds makes a difference



HOW TO ROCK THE LEGENDARY BANKED SLALOM

in the words of event coordinator Gwyn Howat

HOW THE COURSE IS SET

"How you actually run the course is completely counterintuitive to how a normal slalom course is run. Normally, you try to aim as close as you can to the inside gate to shave their line, but with the Banked Slalom, that works against you."

THE HIGH LINE IS THE FAST LINE

"Because of the nature of the banks, the high line is actually the fast line, which moves you farther away from the inside gate. You can almost touch the upper gates but you have to have super strong legs to do that, because you pull [compressed turns] in the corner and compress out of it and pump into the next one."

INITIATING YOUR TURN

"Start initiating your turn no more than halfway between gates, so when you get to the turn you are flat on your base. Then switch edge quickly to be back on your base for as long as you can going through the banks."

LATE IN THE GATE

"If you wait too long to turn and get down low, you get kicked out past the gate and you will have to edge to make it back through the gate. You scrub speed every time you do that."

GET OFF YOUR EDGE

"As soon as you're on your edge in the Banked Slalom, that is when you are scrubbing speed. I try to set the course so that you are on your flat base as much as possible."

WATCH THE PROS

"Come back and watch the pro men and the pro masters. You can pretty much pick out Lucas Debari, Temple Cummins and those guys. They initiate their turns way up, they ride it, they switch real quick and they don't get kicked down low." ■

FIND YOUR PARENTS

Ask for a copy of the final adoption papers to find the name of the adoption agency, attorney or judge involved in the adoption.

Hospital birth records may be able to get the name of the attending physician present at the birth.

Look into active registries, which charge a fee to search for birth relatives.

Search local newspaper archives for birth announcements or a Petition to Adopt in the classified section around the time of birth. A social worker's name might be included in the notice.

If adoption records are sealed, try petitioning the court to have them opened.



Born to no one

How to search for unknown biological parents

Story by Elizabeth Hansen

According to the National Center for State Courts, 104,000 children were adopted in the U.S. in 1986.

I was one of them.

Born on June 29, 1986 at 8 pounds, 2 ounces, I entered the world with no family. The born-to section of my birth certificate was left blank. Over the years, I have wrestled with the idea of finding my birth parents or leaving things as they are.

When I turned 18, I thought I was ready to find my “mother.” The walk from my car to the courthouse felt like walking toward my imminent doom the first time I decided to go apply for my birth records to be released. I made it to the front door before sprinting back to my car. It wasn't as if I was going to meet the woman who gave me away right then and there, but it felt like it. I have attempted that same walk four times since then, never getting past the security line.

Maybe I'm not ready for the disappointment of meeting the

people who wanted nothing to do with me.

My biological mother had made no plans of keeping me or putting me up for adoption. Nine months of pregnancy and the woman had not a single plan as to what to do with me. That must be where I get my procrastination.

Not until the day after I was born did a “plan” form for what to do with this child. On June 30, while sitting in her office chair at work, my mom received what she says was “the best phone call of her life.” Cliché much? It was from her fertility doctor saying he had a baby if she wanted one. As if I was just a common thing, an extra baby they had lying around the hospital.

My mom had all but given up on the idea of giving birth to a child. After she decided she could not bear the fertility treatments, my parents started the long, grueling process of adopting a child just a month before I was born. So surprise is an understatement for how I came into my parents' lives.

My parents were at the hospital within the hour of the call from the doctor. They found out that the sperm and egg donors had been on just three dates before I was conceived. The only thing I know about my sperm donor is he was an Air Force parajumper who jumped into forest fires. Obviously, I didn't get my fear of heights from him.

And that's all the information I have about my biological mother: Three dates with a parajumper. Got pregnant.

Part of me felt guilty asking my parents about my biological parents.

I thought if I asked about these “other people” it would mean I didn't love them. It wasn't that my parents weren't open with me; it was me being afraid of letting them down, making them feel like they weren't good enough.

As the years go by, it gets more and more difficult to make that walk to the courthouse. If only there was any easy “how-to” manual for me. ■

manual *step by step*
DIY *build*
14 *step 18* **step 13** *ingredients*
step 17 **materials**
fix *step 6* **step 15** *supplies*
step 4 *do it yourself* *directions* *tools*
trial and error **step 1** *step 5* *step 16*
try *step 8* *step 2* **instructions** *step 9* **how-to**
step 3 *success* *objective* *step 10* *measure* **checklist**
work *make* *project* *step 11* *begin* *attempt* **step 12**
step 7 **product** *create*